

REFUGEES FROM SERBIA PERISH IN MOUNTAINS

Half Million at the Mercy of Cold, Hunger and Ravenous Wolves.

LONDON, December 20.—"A half million refugees fled from Serbia," says the Times Saloniki correspondent, "preferring the horrible alternative of a winter flight into snow-covered mountains to submission to the Germans. Little has been learned of their fate, but it is only too likely that many thousands perished of cold or starvation or were devoured by wolves."

A Half Million Fled.

"When the converging Teutonic and Bulgarian armies swept over Old Serbia most of the Serbian males not of fighting age betook themselves to the roads, while the women and children remained in their homes. Some 750,000 refugees thus assembled on the plain of Kosovo on the way to Albania and Montenegro. Of these, a quarter of a million were persuaded to accept the authority of the Austro-Germans, the others fled."

"Persons who saw the refugees entering the Albanian and Montenegrin passes state that they were then subsisting chiefly upon the flesh of dead animals."

Little Wood for Fuel.

"The mountains of Montenegro being devoid of trees, it was almost impossible for them to make fires. If ever their suffering is told the story will surpass in horror that of the Napoleonic retreat from Moscow."

"Ten thousand refugees who reached the province of Saloniki are being well cared for by the British relief and the American sanitary commissions. Many of the men are employed digging trenches for the allies around Saloniki."

SUBMARINE BUILDERS STUDY U-BOAT PLANS

Five Companies Probably Will Submit Proposals on Bids Recently Advertised For.

Five submarine boat building companies are studying plans of the twenty-five-knot fleet submarines designed by the Navy Department and recently advertised for bids on construction. One company, it was learned today, is preparing to submit its proposals on the basis of steam turbine drive for the vessels on the surface, as planned by the department. Whether other bidders will follow the same course or submit alternative bids for oil engine propulsion machinery has not been stated. Navy Department officials, however, are gratified at the interest taken in these vessels by builders, since it was feared the excessive speed requirements might keep them from bidding.

Four submarines of the L class—the 1, 2, 3 and 4—it was said today, soon will be ready for another official endurance trial, engine trouble having prevented their acceptance by the government on previous tests. The lubricating systems for the engines gave the chief trouble, it was stated, and Secretary Daniels said the builders now reported they had overcome the trouble in laboratory tests and would prepare immediately for new trials. The seven other boats of the L class will not be ready for trial for some months, and two of them not for a year. The building contracts call for delivery in the spring of 1916 or 1917.

HEART OF COUNTRY RIGHT, EARL OF DERBY ASSERTS

Head of Recruiting Bureau Gives This Intimation of Success of Plan.

LONDON, December 20.—Lord Derby, director of recruiting, and Ben Tillett, secretary of the Dock Workers' Union, representing the opposite poles of social and political life, appeared on the same platform in a music hall meeting here yesterday, when Tillett described his recent visit to the British front. The Earl of Derby, who presided, said on introducing the speaker:

"When it comes to the question of the number of men who have enlisted I must not anticipate in any way what will be said Tuesday by the prime minister. I think that the country will feel when he makes that statement that the heart of the country is right."

"I hope the new year will show a brighter outlook than is discernible at the present moment. Probably the result will come sooner than many expect, but not sooner than they hope—a result which will be a victory for the allied forces. I am not the least pessimistic about the future."

RUMANIAN GENERAL KILLS HIMSELF WHEN ACCUSED

GENEVA, via London, December 20.—Munich newspapers received here announce the suicide of Gen. Jenesco, commanding the 2d Rumanian Corps. According to the story, the general was suspected of having been bribed by one of the powers.

The minister of war ordered an inquiry, and his suspicions being confirmed, he sent two officers to inform Gen. Jenesco of the result of the investigation. Two hours later Gen. Jenesco killed himself.

VON BISSING TO RETIRE; HIS HEALTH SHATTERED

ROME, December 19, via Paris, December 20.—Gen. von Bissing, German governor general of the occupied portion of Belgium, is to retire from the governorship January 1 on account of ill health, according to a dispatch from Antwerp to the Correspondence.

Amsterdam newspapers several weeks ago printed dispatches saying it was reported in Brussels that Gen. von Bissing would retire. The message intimated that the general was on the verge of a complete breakdown, owing to ill health and overwork.

Field Marshal French in Paris.

PARIS, December 20.—Field Marshal Sir John French arrived at Paris last evening from the front. He will be received this afternoon by President Poincare. Before leaving the front Gen. French issued a proclamation to the British troops in which he predicted ultimate victory for the allies.

Salazar Liberators Free.

SANTA FE, N. M., December 20.—A jury has returned a verdict of not guilty in the case of Manuel U. Vigil, district attorney, Trinidad C. De Baca, state game warden, and two others, charged with conspiracy to liberate from prison Gen. Jose Ynez Salazar, a Mexican federal soldier.

FRENCH SOLDIERS DISEMBARKING AT SALONIKI.



SCIENCE BEGINS AT HOME

III.—Chemistry in the Kitchen.

By Frederic J. Haskin.

People are just beginning to take an interest in what they eat. A wave of dietary curiosity is sweeping the country. Books by the hundred are being published on the balanced ration, the ideal menu, the scientific bill of fare. The latest development is a correspondence course in "scientific eating."

The last place to be touched by this new tendency was the kitchen itself. The home is the most conservative of institutions. You can change the basic law of a nation before you can change its characteristic way of cooking potatoes. This conservatism is not a bad thing, for a great many of the early conclusions of the food faddists and investigators turned out to be based on insufficient data. But now the kitchen is beginning to ask questions.

The food question is obviously of supreme importance. Half our ills can be traced to improper feeding. No body realizes this better than the housewife, but when she turns to science for information some spectacularly savant assures her with a bland smile that the whole question is perfectly simple and hands her a page of chemical formulae that look like a Chinese puzzle and convey about as much meaning as a recipe in Greek.

Question Is Simple

Nevertheless, the question is simple in its essentials. Food has three functions in the human body—to furnish fuel for the human engine and to regulate the vital processes. It was this last office that the early food investigators overlooked and got themselves and their ideal diets into confusion thereby. They calculated the needs of the body in grams and calories, and concluded that the average man was eating a great deal more than was good for him. They selected the foods which contained the most concentrated nourishment and pointed out that, for the economical articles like cauliflower and spinach were a feedless extravagance because they consisted 90 per cent of water, which could be purchased from city at 15 cents a thousand gallons.

This reasoning failed to take into account the physiological effect of many vegetables which are essential to health because of the mineral matter they contain. Spinach, cauliflower and celery are among the best of these. They are particularly rich in iron, phosphorus and calcium. These minerals go to the building of bone, and hence are of great importance in the diet of children.

Besides in the vegetables mentioned above, such minerals are found abundantly in turnips, carrots and parsnips. The turnip was long a favorite target for the criticism of diet cranks, who pointed out that it consists almost entirely of wood and water, but further investigation triumphantly vindicated its place on the dinner table. Not only vegetables, but many fruits, notably oranges, contain much calcium. In other words, they are builders of bone. Milk of this mineral, and that our civilized diet tends to be too deficient in it, is a well fitted for a growing body. There is more calcium dissolved in any glass of milk than it would be possible to dissolve in a glass of water.

Another virtue of roots and vegetables which is just coming to be valued at its proper

Diet Tends to Be weighty is that a large part of the skeleton is indigestible. At first glance this seems to be a fault rather than an advantage, but the truth of the matter is that our civilized diet tends to be too concentrated. By our preoccupied and predigested foods we are cheating our legitimate internal digestions out of their natural occupation. Fruits and vegetables give them something to work on, a condition of things essential to their good temper and well being. The digestion is an industrious mechanism which does not thrive in idleness.

Moreover, there is a certain seasonal value in green foods, which are yet imperfectly understood, but probably rests on the age-old custom of the human race of eating particular plants at the particular season of their ripening, until the body has come to expect the food which is naturally abundant upon the farm, where the mass of greens in springtime is an institution as firmly rooted as the greens themselves. City dwellers, however, are prone to overlook it.

The point to be taken from all these virtues of the vegetable is largely that it is dangerous to judge foods on the basis of their fuel value. The term "food value" is often applied solely in this sense, and is rightly understood, the fuel or nourishing value of a substance is a valuable indicator in buying and cooking. But because beans have fifteen times as high fuel value to the body as has spinach it does not fol-

low that they are fifteen times as valuable a food.

The fruit and vegetable at most, however, is only an essential side dish. The prime need of the body is for some- thing to repair its waste and for something to furnish the energy that carries it through a day's work. This energy is supplied for the most part by the various sorts of grains, the few really nourishing vegetables, milk, eggs and meats. The problem of the day is how

to arrange a menu with the right proportion of each.

Since dietary propaganda has become common, the average man or woman is prone to shy and beat a strategic retreat when any one mentions the mere names of the proteins, carbohydrates and fats. They undoubtedly have been center of a fog of technical discussion which has failed to illuminate the subject much, but they are important for all that.

The proteins are at once the most essential on the list and the ones that give the most trouble in preparing a balanced ration. The human body is about two-thirds water, but the remaining third of really solid substance about us consists more than half of

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protein. The lean part of meat is a food rich in proteins, of course, since animals have the same chemical structure as ourselves. Flour contains some protein, peas and beans contain a great deal. Eggs and milk are protein food, and most fish are very rich in it.

Proteins seem to be essential to the repair of any waste in bodily tissue.

Proteins Essential to Repair of Waste.

That is to say, carbohydrates, such as sugar and cornstarch, and fats, such as butter and lard, will furnish the system with heat to keep it warm and give it energy with which to work. But when muscular work goes to the point of breaking down muscular tissue, or when brain work wears out a few cells of the nervous system, only the protein foods can replace the worn-out parts. And since these microscopic parts of the human system are continually being worn out the essential place of the proteins on the bill of fare is obvious. The question is, How much of them should we eat?

For latest investigations seem to indicate that too much protein is as bad as too little. There is not only a still disputed point on whether proteins eaten beyond a certain limit do not cause breaking down of the body, but the fact that an excess of protein is a strain on the kidneys. Yet authorities still differ widely as to what this correct amount of daily protein should be. The latest ideas place it rather low, and, according to them, we have all been eating too much meat. Yet this is clearly a matter to be approached with circumspection. The fat and carbohydrate foods are a less delicate field of operations.

Their function is simpler, and a little abuse of them does not carry as heavy a penalty as a similar abuse of proteins. Carbohydrate is simply the form that the nourishing elements take in almost all plants. Sugar is a typical carbohydrate, flour and potatoes depend for their nourishing value largely on these compounds. The carbohydrate is a valuable dietary element, for in most of its form its does not strain the digestion, and it has a fuel value about as high as the protein.

Fat the Premier

Fat is the premier food as a fuel, however. An ounce of fat has twice as much fuel value as an ounce of carbohydrate or protein.

Food as a Fuel.

This is what makes a food cold weather comestible and also explains the penchant of the untutored Eskimo for tallow candles, lamp oil and raw whale blubber. Fats are often hard to digest, however, for a civilized man leading a sedentary life. The consensus of opinion among authorities seems to be that one meat meal a day, taken in the evening, is the protein content of the other foods, gives all the protein a sedentary man needs. Fats can be more freely eaten in winter than in summer. The variation of opinion as to the food needed wide. Some authorities put it twice as high as others. The expert who places it lowest is said to have experimented on a squad of soldiers who got hungry under his frugal regime and stole out by night to revel on sausage and bean soup. The good professor was assailed at the way they gobbled fat on next to nothing at all. For the average man, real appetite, as distinguished from a craving for delicacies, is probably the best guide in eating carbohydrates. The question of a proper balance of

the daily food is undoubtedly an important one. Many variable elements enter into it, such as the state of health, the time of year, the sort of work done, the peculiar temperament of each individual, even the variations in activity from day to day. Of course, the danger of a little wrong eating is not so great as faddists would have us believe. The human race has been struggling with a cold world for as many generations that its constitution can stand a fairly wide latitude of deviation from the theoretically perfect diet without taking to the hospital. But a proper diet undoubtedly is an immense aid to health and cheerfulness.

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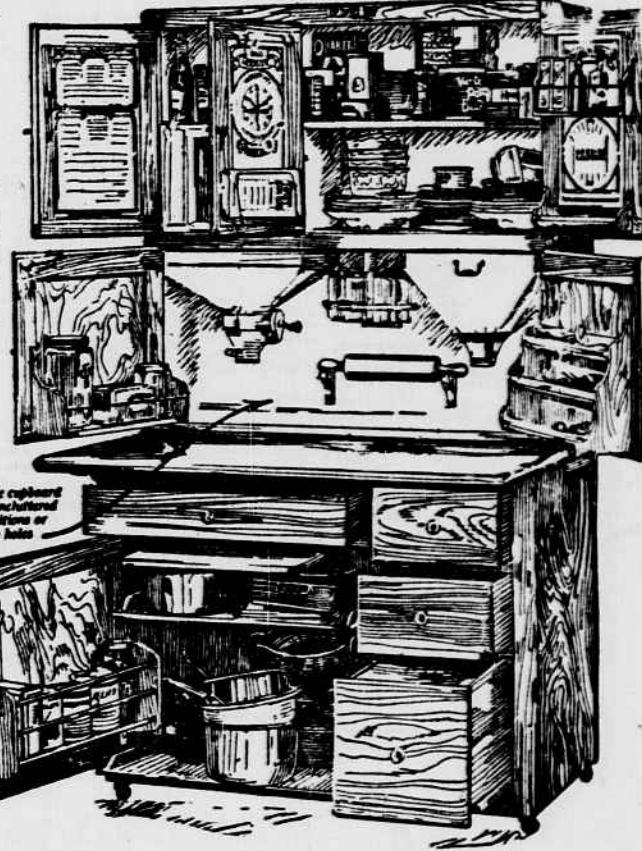
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